

COVENANT JOURNEY CHECK LIST

Pre-Departure

1. Passport must be valid for six (6) months or more from last day in Israel (email photo page to CJ and make a copy of the photo page to carry with you) and
2. High quality color wallet-size head shot photo (email to CJ)
3. Bio suitable for publishing based on CJ model bio (email to CJ)
4. Complete medical form (email to CJ)
5. Schedule flight to arrive at CJ point of departure in US to allow sufficient time to be at the CJ meeting location for pre-flight briefing, and schedule return flight home no earlier than three (3) hours after landing in the US
6. Provide flight itinerary to and from point of departure to CJ
7. Necessary items for trip:
 - (a) electrical plug adapter from US to Israel outlets,
 - (b) converter if needed,
 - (c) prescription medications, and
 - (d) walking/tennis shoes
8. Suggested items for trip:
 - (a) touring/hiking clothes (Columbia or Ex-Officio are good examples of light hiking clothes for warmer weather), and
 - (b) touring/hiking underwear (Columbia or Ex-Officio are good examples for all-weather conditions)

Packing

1. Check weather and pack accordingly
2. Underwear
3. Socks
4. Long pants/slacks/jeans/capris
5. Shorts
6. Shirts/blouses/shoulder cover or wrap
7. Walking shoes
8. Other shoes (if desired)
9. Hat

10. Swimsuit (preferably one-piece for women but modest for all)
11. Flip-flops or water shoes
12. Sunglasses
13. Suntan lotion
14. Toiletries
15. Prescription medications
16. Over the counter stomach or nausea medications (if necessary)
17. Electronics and charger
18. Electrical adapter and converter (if electronics require conversion)
19. Jacket/coat/sweater (depending on weather and seasonal temperatures)
20. Gloves and scarf (depending on weather and seasonal temperatures)
21. Cash in US Dollars for water and some personal purchases
22. Notify Credit Card company the dates travel to Israel
23. Check cell phone packages for Israel (if desired)
24. Pack a change of clothes and some personal items to carry on the flight
25. Checked luggage may not exceed 50 lbs (pounds)
26. Passport and copy of photo page
27. Bible
28. Pen or pencil

Departure

1. Book flights to arrive in plenty of time in case of flight delay
2. Notify CJ of any delayed or changed flights
3. Rechecking baggage at point of departure is recommend to minimize transfer problems
4. Arrive in time for CJ pre-flight briefing at point of departure
5. Go through security together as a group
6. Assemble at departure gate (after security) at least 1 ½ hours prior take-off

Arrival

1. Turn off cellular roaming data when not using Wi-Fi
2. No need to change US dollars to Shekels
3. To best adjust to the time change stay awake as long as possible after arriving in Israel